

Healthy Eating

New Year, New Plate:

Wholesome Choices for a Vibrant You

Integrate these nutrient rich superfoods into your weekly menu!



Kale

The Green Powerhouse



Berries

Antioxidant Delights



Chia Seeds

Tiny Powerhouses of Nutrients



Avocado

Creamy Goodness with Healthy Fats



Quinoa

The Complete Protein



Ginger

Spice Up Your Health



Turmeric

Golden Goodness



Spirulina

Nature's Multivitamin

Did You Know?

Elevate Your Well-being



Winter Quinoa Buddha Bowl Recipe

Click [Here](#)



Elevate Your Season with Powerful Supplements

Elevate your winter well-being with MWC's curated supplements! From immune support to mood enhancement, we've got you covered. Conquer winter challenges feeling strong, energized, and ready for a healthier, happier you. Visit us today!

Fitness Focus: Fun and Effective Workouts for 2024

5:30 p.m. Sub Level -2 Multipurpose Room
Discover joy in exercise with our recommended workouts, from high-intensity interval training (HIIT) to Pilates. Find the ideal fitness routine to suit your lifestyle and keep you motivated all year long.



Winter Wellness with Nurse Practitioners

To stay proactive about your winter health, click [here](#) to schedule an appointment with our nurse practitioners today.



Energize Naturally with Apple's Healthy Power Spike!



Rich in fiber and nutrients, they offer a healthy blood sugar spike for sustained vitality. Snack smart, choose apples for all-day revitalization!

A Word From Our HSS Affiliate

What to Eat (and Not to Eat) to Help Reduce Inflammation



Diet plays a key role in your body's ability to regulate inflammation. Learn more about inflammation, how it relates to your musculoskeletal health, and how to choose the right foods.

Click [here](#) to learn more!

Rehab Corner

Elevate Your Plank Game with Our Innovative Plank with Hip Extension



This dynamic variation not only targets your core but also engages legs and glutes, sculpting and toning with each lift. Experience a full-body workout that empowers and invigorates. Upgrade your routine and unlock the benefits of this versatile exercise!

Click [here](#) for video.